

# Turmeric



Uses	Turmeric, particularly its active compound curcumin, is known for its potent anti-inflammatory and antioxidant properties, and has been used traditionally to treat a variety of conditions, including arthritis, digestive issues, and skin problems
Warnings	Use caution when turmeric or curcumin are taken with medicines or supplements that have anticoagulant or antiplatelet (blood thinning) effects. Warfarin, Turmeric may interact with medications that can harm the liver, such as amiodarone, methotrexate, some seizure medicines, and tetracyclines, potentially increasing the risk of liver damage. Can lower blood sugar too much if on diabetic medications and if taken alongside NSAIDs there is a strong possibility of gastrointestinal perforation.
Soil	For growing turmeric, aim for a well-drained, organically rich soil with a slightly acidic pH between 5.5 and 6.5
Sun	Turmeric can tolerate full sun, but it's best to provide some shade, particularly during the hottest part of the day, especially in warmer climates
Temp.	Turmeric thrives when the thermometer hovers between 20°C to 30°C. Stray outside this zone, and you're asking for trouble. Too cold, and turmeric slows down, stunting growth. Too hot, and it starts to wilt, as if begging for a break from the heat.
Water	Keep the soil moderately moist to ensure curcuma doesn't dry out while it is actively growing. Typically, this plant needs watering once weekly in the spring or summer, but this could be more frequent in hot weather during dry spells. Water any time the top inch of soil is dry, fully saturating the soil

<b>Care Tips</b>	First, you should plant turmeric roots with the root down and an 'eye' facing upwards in around March or April. It is best to leave the root section exposed at the top so as to avoid the chances of it rotting. It is likely that you will need to grow these in a heated propagator or a heated conservatory in the UK
<b>Pests</b>	Common turmeric pests include Bihar hairy caterpillars, rhizome flies, leaf rollers, white grubs, thrips, and shoot borers, these can be avoided by growing indoors and maintaining good hygiene.
<b>Disease</b>	Common diseases include diseases include rhizome rot, leaf spot, and leaf blotch. To avoid this water well but maintain good drainage.
<b>Propagate</b>	To propagate turmeric, you can divide the rhizomes (fleshy root-like structures) into sections, ensuring each piece has a growing point or "eye", and then plant them in moist, well-drained soil, with the eye pointing up
<b>Harvest</b>	Turmeric is typically harvested in late fall to early winter, 9-10 months after planting, when the plant's stems start drying out and the leaves yellow. Gently dig up the entire plant, wash off the soil, and then you can either use the rhizomes immediately or store them for later
<b>Store</b>	Fresh turmeric root is easy to store. You can safely store it in a brown paper bag in the refrigerator for up to two weeks or in your freezer for up to six months. When it's close to expiration, you can dehydrate the fresh turmeric to make a dried turmeric powder.
<b>Science</b>	<a href="https://pubmed.ncbi.nlm.nih.gov/29065496/#:~:text=It%20aids%20in%20the%20management,;%20curcumin;%20polyphenol;%20turmeric.">https://pubmed.ncbi.nlm.nih.gov/29065496/#:~:text=It%20aids%20in%20the%20management,;%20curcumin;%20polyphenol;%20turmeric.</a>